

FISH ADVISORY

Coeur d'Alene River and Chain Lakes

The Coeur d'Alene River advisory includes the length of river from Enaville downstream to Coeur d'Alene Lake.

The Chain Lakes advisory includes Thompson Lake, Anderson Lake, Blue Lake, Black Lake Swan Lake, Cave Lake, Medicine Lake, Killarney Lake, and Bull Run Lake.



Species (fillet)	A healthy guide to eating fish: (maximum meals per month)		
	General Population (8 oz. meal)	Pregnant Women ^a (8 oz. meal)	Children (4 oz. meal)
Bass ^b	4	2	2
Bullhead	12	11	6
Northern Pike	5	5	2
Panfish ^c	7	6	3
Other Fish: Follow Bullhead Guidelines for Channel Catfish and Suckers			

- a) Pregnant women, those planning to be pregnant, and nursing mothers
- b) Bass include largemouth and smallmouth
- c) Panfish include bluegill, crappie, perch

People living in an area with high concentrations of lead in their yard soil or house dust should avoid eating whole Bullhead. This is especially true for children and pregnant women.

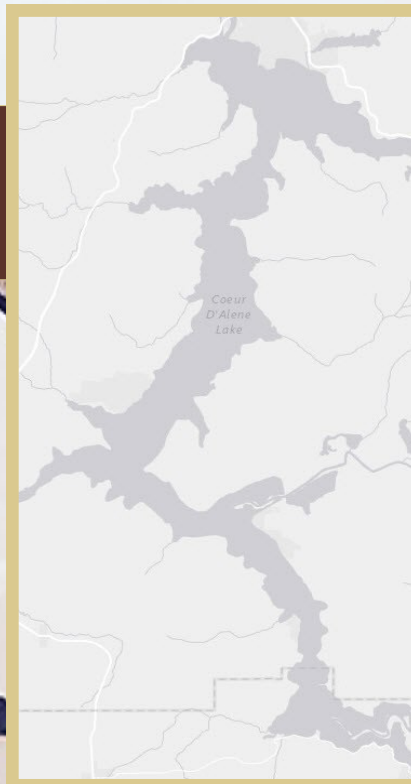


Fish Advisory

Coeur d'Alene Lake

A varied diet, including safely eating fish, will lead to good nutrition and better health.

Fish can contain metals like mercury which may be unhealthy when consumed in large amounts. As a result, the Idaho Department of Health and Welfare and the Coeur d'Alene Tribe advise pregnant women, breastfeeding mothers, children, and the general public to eat limited amounts of fish caught in the Coeur d'Alene Lake and the Coeur d'Alene Basin. This advisory is based on fish sampling completed in 2016.



Species	Location	A healthy guide to eating fish: (maximum meals per month)		
		General Population (8 oz. meal)	Pregnant Women ^c (8 oz. meal)	Children (4 oz. meal)
Bass	Northern Coeur d'Alene Lake ^b	4	2	2
	Central Coeur d'Alene Lake	2	2	1
	Southern Coeur d'Alene Lake	3	2	1
Kokanee ^a (whole)	All Coeur d'Alene Lake ^b	13	11	6
Northern pike	All Coeur d'Alene Lake ^b	5	4	2
Panfish	All Coeur d'Alene Lake ^b	11	9	5
Other Fish: Follow Kokanee guidelines for Rainbow Trout, Brook Trout, Cutthroat Trout & Tench.				

- a) Fish consumption recommendations are based on whole fish for Kokanee and fillet samples for all other species
b) Northern section of Coeur d'Alene Lake includes the Spokane River above the Post Falls Dam
c) Pregnant women, those planning to be pregnant, and nursing mothers

EASY TIP:

A seafood serving size is about the size of your hand, or 1 oz. for every 20 lbs. of body weight.



160 lb. adult = 8 oz.

80 lb. child = 4 Oz.

Learn more tips in the Eat Fish, Be Smart, Choose Wisely Guide online at: www.healthandwelfare.idaho.gov

Or call the Idaho Fish Advisory Hotline at: 1-866-240-3553

